13th Bollington Nostalgia Hill Race

Race Entry Form

# **Registered FRA BM Race**

**Sunday 9th July 2017 11.00am**

### Bridgend Centre, 104, Palmerston Street, Bollington, SK10 5PW

**01625 576311 info@bridgendcentre.org.uk**

A 7.11 mile run; over multi-terrains including road, pasture, high moorland (1200ft climb) and canal towpath in the beautiful countryside around Bollington. Age 18 and over only. Suggested preferred footwear: trail running shoes.

Course partially marked and marshalled.

Proceeds in aid of Bridgend Centre (Registered charity no. 1123287)

Any individual or group is welcome to run in aid of a charity of their choice and fancy dress costumes can be worn for those mad enough!

The race starts at 11.00am followed by an ‘Open Day’ at the Bridgend Centre.

**Presentations to the winners will be at approximately 12.30pm.**

Registration, toilets and refreshments at the Centre

## ………………………………………………………………………………………………

Race No.

**The Fell Runners Association Ltd**

**Bollington Nostalgia Race, Sunday 9th July 2017** Minimum age to enter 18 and over

**Full Name**:……………………………………………………………………..  **Male**  **Female** 

**Club or Team Name**:……………………………………………….. **Date of Birth**……………………….. **Age**…………………

**Category** (please circle as appropriate)

**U23 SEN 40 50 60 70**

Address .……………………………………..

………..…………………………………………….

Postcode………………………………………..

Phone No………………………………………….. Email ….…………………………………………...

Emergency Contact………………………………………… Phone No…………………………………………

**Entry Fee - £**6.00 in advance or £8.00 on the day. You can return your application by email or by post, your entry fee can be paid by cheque, made payable to Bridgend Centre or alternatively by bank transfer to Sort Code: 40-52-40 Account No. 00026727

**Declaration:** I understand that this race is held in accordance, and that I have familiarised myself with, both Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser’s information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the Organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser’s liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race. I consent to photographs taken at the event being used to publicise the event and for social media purposes.

**Signed: ……………………………………………………………………… Date ………………….………………**